



Warrington Dolphins Long Distance Swimming Club

www.warrington-dolphins.co.uk

Annual Report 2025

What an enjoyable and great year's swimming we have experienced in this year.

BLDSA 1HC & 30MC (Postal Swim) – We had 20 swimmers entering the event this year. From these swimmers we also entered 3 teams. Most of the swims were undertaken on Monday evenings in February and March. Michaela was 1st in her age group in the 1hour challenge. While in the 30 minute challenge Chris Carter, Helen Taylor & Dave Bowker were all 1st in their respective age groups. Our teams in the 1HC were a Ladies team in the 30+ age group who were 1st and a Gents in the 40+ age group who were 2nd. We also had a Ladies team in the 30MC and they finished 2nd. In total members swam a total of 43.4km. Thanks to Kalliopi for organising, collating results together. We also need to thank Caroline Lewis (an ex-treasurer of the club who ran this national event on behalf of the club).

1500m Championship - In early February we again held our 1500m event at Warrington's Jubilee Hub, with 23 swimmers entered. Once again Kalliopi organised a great event. The fastest ladies and gents were Jess Burke and Matt Barnes. This year we also gave a certificate to the swimmer whose swim time was nearest their submitted time. James Coy-Cox was only 1 second out. The format was the same as last year, we hired a room in the building where we put on a buffet prior to the presentation. This enabled us to have a more sociable element to the swim. Special thanks to Fiona for designing the event certificates, she did a fantastic job capturing the image of the pool. And many thanks to the timekeepers and helpers on the day, we could not have run the event without your help.

Membership – Our membership has slightly increased on last year's total which is very pleasing.

BLDSA Matlock Natural Spar 12 miles in 12 hours

– In April we had 5 swimmers taking part. The challenge was to swim 12 miles in 12 hours, either as a solo or team. Teams could be either 2 or 3 persons. Our swimmers completed the challenge as one team of 2 (Caroline & Rachel) and a team of 3 (Michaela, Julie T & Andy W). The water temperature was a comfortable 18C. We all considered it to be a great event. Recently it has been announced that the event will be held again next year and entries open in November. There has been much talk amongst members about next year's event and a number have expressed their desire to undertake solo swim. Others have expressed interest in swimming as a team



Budworth Tuesday Summer Sessions – We have had a great summer season of swimming this year (15th April until 16th September) with 23 planned sessions. We had to cancel 2 sessions due to poor water quality. Throughout the year there was a lovely camaraderie amongst everyone present, with the usual excellent encouraging attitude. Simon was his usual encouraging self via his jovial self. Water temperatures have been consistently high once the water warmed in late April, with a maximum 21C in June. This meant the Andy's phrase its 16C wasn't heard too much. We had a maximum of 24 swimmers in the water at one of the sessions. Thanks to all who helped, particular thanks to Fraser Dodd and Mike Rotherham who provided kayak safety cover. Also needing to be thanked is Alison who provided her usual friendly and encouraging lake side support.

Training - We continue to hold training sessions at Broomfields Leisure Centre (8pm to 9pm) on Monday nights. Numbers attending have been varied with a hard core of swimmers attending. Our 'Social lane' has been very successful most of them have been swimming both in the pool and Budworth. The session's swim sets have included the usual variety. As preparation to Nick Morray's Windermere swim, Nick came down to train. The most interesting comment Nick made the Monday before his swim was that he was suffering from a painful back. He then reported that he was going back to the doctors to get stronger pain killers, but he would forget to say he was about to swim 10.5mile in a few days time!

Budworth Challenge – In May we held the event which involved either a 1 mile or 2 miles swim around the mere. We had a brilliant entry, and it was a great success. In the 1 mile swim first home were Sophie Breman in 22:33 and Andy Henderson in 29:27. In the 2 mile swim Stuart Burch finished in 46:02 and Emma Sharpe in 47:58 Thanks, must be given to all who helped whether on the land or on the water. A special thanks must be made to Budworth Sailing Club for the use of their facilities and their help. Kalliopi helped lay out the course the evening before the swim. The wind was a little strong and to put the large yellow buoys out on the other side of the lake took 40minutes to tow the 2 buoys across the lake. When the task was finished putting the buoys out Kalliopi said we need a boat for next year!





Anderson Trophy - This year the committee decided to acknowledge Fiona Osbourne for her efforts associated with redesigning the Club badge, producing Posters and certificates. Fiona was awarded the Anderson Trophy at Budworth Sailing Club during our summer social evening in June. Well done Fiona.

BLDSA Coniston 'Swim into the sunset' – At the end of June the club dominated this event, when we had four teams and an individual entry, 18 in total. The teams all entered the 6-hour slot and Nick Morray entered the 3-hour slot as an individual, swimming 9km. The teams were:

A team of 6: Alison, Dave B, Kalliopi, Mandy, Karen and Helen R, 10.2km

A team of 5: Mathew, Simon, Alexandra, Ellie & Andy W, 14.4km

A team of 3: Julie T, Caroline & Michaela, 15.5km

A team of 3: Jess, James & Rachel 20.8km

The weather was not the best, but all enjoyed the event. In total we swam 69.9km.

Despite the wind, waves and rain everyone enjoyed the day. Alison made a 'schoolboy error' when she got in the water and swam out to a guy who she thought was Dave Bowker only to find it wasn't. Later upon completing her second swim Alison looked up to see who from her team was coming in to take over from her, only to be told that no one was prepared to swim, so Alison swam off and completed another 500m.



Individual Swims – It's great once again to see the number of individuals entering swims. I'm sure it can't be the 'Mileage Chart' that is inspiring swims but there has been much talk and numerous messages about their latest swim be added to the chart. Congratulations to Nick Morray who swam his first Windermere, this being the longest swim completed by a member for quite a few years. Ellie Thomas is topping the mileage chart, with swims in Coniston and a couple of cold swims in Loch Ken. Well done all of you no matter the swim length, let's improve our total next year.



Nick Morray after Windermere



Ellie Thomas after Loch Ken



**Juile Trevor & Kalliopi Sinclair
after BLDSA Coniston Vets**



Helen Taylor after Loch Tay

Mileage Chart – For years we have recorded all the know miles swum by our members in events and this year we have had a pleasing increase in total mileage after a number of years of decline. This year we swam 144miles in total, which is on its way back to our 2019 total.

It was noticeable that Chris Carter lacked significant miles this season, a combination of grandchildren minding, dog minding or entertaining medical personnel caused the deficiency. However, he was part of a senior relay team who were aiming to become the oldest team to cross the Chanel. To Chris's dislike things didn't go to plan and the team was let down by one of the members who's lack of preparation resulted in the crossing being abandoned around a third of the way across.

Budworth Handicap – We reintroduced this old event which we hadn't been held for a number of years. It was very well attended. So that the swim was inclusive, the 'Nominal Distance' was set as 400m. The traditional idea was repeated where you submitted your time prior to the swim. The winner being the closest to their submitted time. James did a blistering swim but couldn't beat Julie T's 3 second difference. We gave out prizes for the nearest, furthest out and 2 spot prizes. It turned out to be a very enjoyable evening. The swim was finished by Anita producing Bacon Butties for everyone, thanks Anita. After the swim Alexandra Miron shared a picture of her swim route, downloaded from her watch. She commented that she perhaps should be disqualified as it appeared she swam the wrong course. Nick Morray replied presenting his swim route and commented that he appeared to have swam up the hill and across the field!!! Good old Garmin.



Socials – In mid-June we held our annual summer social inside the Budworth Sailing Club house. We had another great turnout with a buffet provided by members. Thanks to Julie T for organising the event and everyone who brought food to make the buffet a success.



After our last Tuesday Budworth session of the season we reassembled at the Cock O'Budworth for a social gathering. At the social we made a presentation to Alison who returns home to south Wales after spending 4 years in Cheshire. Although you wouldn't now believe it but when Alison joined us she was suffering badly from Long Covid and struggled to walk from the car to the mere slipway. Thankfully she is recovering well and has swim for the last 2 years in the Coniston Relay and other swims. She has been to

nearly every Tuesday evening session since we restarted them after Covid. Alison has managed the slipway monitored swimmers entering and leaving the mere, handing over stroke tips, advice and generally encouraging swimmers new or old. Her shoe organisation will be long remembered. She'll always associate with Penguin Biscuits she would offer to swimmers after their swim and the associated penguin wrapper jokes!

Finally, I thank our hard-working committee and our members, their partners, spouses and parents who have supported and helped out at Club events. This has helped make our Club and our events successful and the great club it is.

See you all soon.

Dave Bowker
President